

Are you a busy parent who wants to provide more home-cooked meals to your family?

Please contact us at outofajamfw@gmail.com

Are you an organization that is interested in hosting a class for your membership?

Please contact us at outofajamfw@gmail.com or visit our website at outofajamfw.org/contact.



Shop, Cook & Eat!

outofajamfw.org/shop-cook-eat

About us.

Shop, Cook & Eat is a division of Out of a Jam.

Out of a Jam is a multi-faceted non-profit with a vision to nurture and educate youth and women, a plan to save overstocked foods to feed the less fortunate and a program to guide students toward a successful path in life.



Out of a Jam
Feed, Nourish & Transform



Shop, Cook & Eat!

Cooking classes that feed families and change lives!

What is Shop, Cook & Eat?

Shop, Cook & Eat! is a service of Out of a Jam, a Fort Wayne, Indiana based non-profit organization. Our mission is to teach busy parents how to shop wiser, cook more often and quicker to eat better. Our goal is for participants to put food on the table for their children that is delicious and affordable.

How it Works

Each 2-3 hour class is chock-full of activities that will teach you how to plan, prep and prepare delicious meals for your family. Every participant receives a cooking manual with easy-to-follow instructions and over 50 amazing recipes that you can start cooking immediately. Class and materials are provided at no cost thanks to Out of a Jam's faithful supporters.



Volunteer Opportunities

Class Helper - set up and tear down, clean up. EAT!

Become a Host

If after attending a class, you'd like to become a host at your church or community group, we'll gladly help you get all the tools you'll need.

Partner with Out of a Jam

All of the materials we use in our classes are funded by generous donors who desire to see a healthier community. You can join the movement by visiting outofajamfw.org/donate.